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ABSTRACT

This document is an abstract of a speech delivered before the American School Health Association, and describes in an extended outline a two-credit-hour undergraduate pilot course for teacher trainees in "Smoking and Health." The pilot course was developed to help future teachers deal more effectively with the problems of smoking education. Included in the class were presentations regarding substances in tobacco smoke and their immediate effects, tobacco as it relates to cancer, cardiovascular disease, chronic bronchitis, emphysema, and certain other diseases, tobacco and illness, tobacco and disability, dissenting opinions, who smokes and why, giving up smoking, government responsibility, efforts to reduce smoking, and nonsmokers' rights. Specifically, the project sought to: (1) identify materials on smoking and health; (2) determine the extent of university support for such a program; (3) establish a basis for granting academic credit for the course; (4) evaluate student need in the area; and (5) examine the replicability of the project. Indicating the successful attainment of these goals were such factors as continued offering of the course for academic credit, support by the university, attitudes of student participants, interest expressed by other institutions, and the development of a textbook on smoking and health. (MJB)

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ABSTRACT:

THE DEVELOPMENT, IMPLEMENTATION OF A SMOKING & HEALTH COURSE

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THE DEVELOPMENT, IMPLEMENTATION OF A

SMOKING & HEALTH COURSE

Project:

A 2-hour credit course designed to help the future educator deal more effectively with the problems of smoking education. To present to future educators the topic of smoking in such a way as to allow them to apply their learning in the form of smoking education when they enter the educational system.

Introduction

Educators play a primary role in the development of a social climate that will facilitate the development of a non-smoking society. An increased consumer awareness on the dangers of tobacco accompanied by decision-making skills is critical. The mobilization of resources present in every college, community, and university across the nation should be the thrust of smoking education.

History

In December of 1976, the American Cancer Society, Kansas Division, Inc. supported a "Smoking and Health" course to inform the student populous on the health implications of tobacco, specifically smoking. The support was issued via grant for curriculum development. The "Smoking and Health Project" was piloted in the Spring, 1977 under Dr. Elbert D. Glover, Health Educator, Department of Health, Physical Education and Recreation, University of Kansas.

The format of the class was directed toward a clearer understanding of the topic of smoking. Included in the class were presentations regarding the substances in tobacco smoke and their immediate effects, tobacco as it relates to cancer, cardiovascular disease, chronic bronchitis, emphysema, and certain other diseases, tobacco and illness, tobacco and disability, dissenting opinions, who smokes and why, giving up smoking, government responsibility, efforts to reduce smoking, counter attacks, non-smoking rights, films, etc.

More importantly, the course was within the School of Education and attracted future public school teachers, both elementary and secondary. These teachers were exposed to an understanding of the fact, logic, and the latest teaching methods on smoking education...with the hope that these newly educated teachers would, in turn, go to their respective schools and be the local resource person. This is essential to prevent or intervene in the smoking behavior, since it is well known that few smokers begin smoking after 20 years of age.

Manpower

The entire "Smoking and Health Project" was conducted on volunteer hours. The grant was for curriculum materials. Individuals donating their time were:

Dr. E. D. Glover - donated 8-10 weekly hours of preparation culminated by a weekly 3 hour Monday night class.

Bob Hull - a graduate student, donated approximately 5 hours per week for ½ semester.

Roger Allen - donated approximately, 5 hours per week for ½ of a semester.

Seven students donated 3 hours per week to help gather materials for the class.

TOTAL manpower hours were approximately 40 hours per week for 4½ months.

Analysis

The initial pilot class was tested with specific goals in mind. These goals are reflected in the following questions and answers:

1. Is there enough material available to develop a course in "Smoking and Health?"
   A. During the pilot study the class was improved, re-designed, and continually evaluated. There were more than enough materials to develop a sound academic course on the health implications of smoking.
2. What is the feasibility with regard to support from the University?

A. The university enthusiastically supported a course on the health implications of smoking as part of the curriculum...

3. Can the course be accompanied by academic credit?

   A. Two hours academic credit was received for successful completion of the "Smoking and Health" class.

4. Is there a student need for such a course?

   A. The class was well received by the students. One hundred and three students completed the class. The added "goodie" is that even though the class was directed at smoking as it relates to health, 37 of 80 smokers quit their habit and all but one reduced his daily cigarette count. This was without specifically mentioning their quitting.

5. Can this concept spread to other colleges and universities?

   A. Several colleges and universities have expressed an interest in the class: University of Maryland, Texas A&M, Emporia State, and the University of Oklahoma. A national presentation in Atlanta, Georgia to the American School Health Association will be made in October, 1977. The presentation will be to initiate interest in a "Smoking and Health" class from start to finish. It will not be a blueprint, program-in-a-can presentation, but if any university would like to initiate such a course, they could benefit from our previous experiences.

Goal Achievement

The goals of the project have been accomplished fully as evidenced by:

1. Re-offering of the "Smoking and Health" class in the Fall, 1977, after evaluation.
2. The support of the Department of Health, Physical Education, and Recreation, The School of Education, and the University of Kansas.
3. The course offering was accompanied by academic credit.

4. The size of the initial class revealed a great need for such a course.

5. The interest expressed by various universities for a "Smoking and Health: course to be included in their curriculum.

6. The agreement of the Kansas Division Public Education Committee and it's Board of Directors to expand their support of the program. This year a textbook on "Smoking and Health" will be developed for use with the course. To our knowledge, there are no textbooks on this subject available.

Presented at:

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